

# RSL WODEN VALLEY SUB-BRANCH ENEWS



September 2022



## PRESIDENT'S MESSAGE

Dear Members,

Well, Spring has sprung and, despite my aspirations for some pleasant weather, the rain has returned and is no doubt limiting all sorts of activities in and around the ACT. I trust you're all staying warm, dry and comfortable whatever you're doing. If not, please call the Office and let us know if you need some help.

Having started Sep with the death of Her Majesty, Queen Elizabeth, and the accession of King Charles to the throne, and the commemorations and ceremonies associated with these, the rest of the month passed quite calmly. We did however, remain busy in all areas.

The Welfare Team continued to support many of our mainly older members with a few other veterans and their families also seeking our advice and assistance. The Compensation Team continues on what is a never ending stream of requests from veterans who are seeking our assistance with their claims and appeals. While most of these clients are not members of our Sub-Branch, some members are seeking help as their accepted conditions worsen with age.

We also hosted a one day mental health program on each of two days last week. These were facilitated by the MESH A Team from Adelaide and will, hopefully, be a forerunner to the more intense GEARS Program that we would like to start before the end of the year. We received good feedback from the participants in these sessions with some indicating they would like to join the Sub-Branch.

As has been advertised in recent newsletters, we programmed three lunches as part Veterans' Health Week, with the first of these having been held last Wed. We are also gathering groups for the three bus trips scheduled for Oct and Nov. Details of these activities are provided elsewhere in this newsletter.

While each of the activities I've noted are both fun and informative, they have all been funded by separate grants. If you haven't already done so, please call the Office to book a seat for you and a friend.

A small but active group of members attended the OGM in *The Corey Room* last Tue afternoon. I thank those who are able to attend these meetings for attending and for their contribution to the discussions.

One issue that we need to follow up is a call for some volunteers to assist in any of several ways, including the Remembrance Day Appeal, the distribution of the Christmas cards, and general assistance with phone calls and other administrative tasks around the office.

The Coffee Catch Ups have continued to attract between 15 to 20 people each Fri morning for a couple of hours of banter while participants obtain their caffeine and sugar fixes. These are good fun with no obligation for anyone to do anything other than to join in the discussion and to help with the washing up.

Don't forget the OGM Afternoon Tea (no meeting!) on 24 Oct in *The Corey Room*, and the Christmas Party that is scheduled for Wed, 07 Dec.

Similarly, don't forget the *POW Requiem* scheduled for Sat, 29 Oct 22 at the Llewellyn Hall.

Lastly, if you or anyone you know is struggling, please ask for help, even if it is to obtain some advice or to just have a chat with someone.

Best wishes to you all, and I look forward to seeing you again in Nov when Kay and I return from a three week holiday.

Jim Gilchrist

President

# RSL Woden Valley Sub-Branch OGM on Tuesday 27 September 2022



# MindRight Program

Two sessions on 27 & 28 September at RSL WV Sub-Branch office with Narelle Mason and Matt Newlands.



## RSL WV Sub-Branch - Veterans' Health Week.

The first of three functions was on 5 October 2022.

**“Eat well” and the history of Sarah and Daniel’s the  
“Lazy Grazer” business.**



## Veterans' Health Week – October 2022

The Woden Valley Sub-Branch has received a grant from the Department of Veterans' Affairs (DVA) to conduct functions during the health week in early October. The theme for this year is "Eat Well."

We intend to hold three functions in Room 36 at the Sub-Branch Offices at 27 Mulley Street, Holder. We have obtained the services of a veteran couple who run a local catering business called the "Lazy Grazer" to provide the lunch for us. Each function is to commence at 12.00 noon. They provided 'Thank You' hampers on ANZAC Day 2020

The functions will be held on the following dates:

**Tuesday, 11<sup>th</sup> October at 12.00 noon; and**

**Thursday, 13<sup>th</sup> October at 12.00 noon.**

Under present COVID-19 guidelines the each function will be limited to 15 guests.

Those who are interested in attending would need to contact the Sub-Branch as soon as possible either by email at [admin@rslwoden.org.au](mailto:admin@rslwoden.org.au) or by phoning (02) 6285 1931. If you could also advise of any dietary requirements at the time of contact that would be appreciated.

After a brief talk on eating well and the history of Sarah and Daniel's business, an individually packed light lunch of cold meats, cheese, biscuits etc will be provided. People might be restricted to attending one function, that would also be appreciated.

Peter Sutton

Vice-President - Welfare

Woden Valley RSL Sub-Branch



Woden Valley Sub Branch

## **Bus Trips in October and November 2022**

The Woden Valley RSL Sub-Branch received a grant to conduct bus trips in the latter part of this year

The tours have been confirmed as:

**Wednesday, 19<sup>th</sup> October** to the Southern Highlands with possible visits to Berrima, Bowral, Moss Vale (for lunch at the local Services Club) and Robertson;

**Thursday, 27<sup>th</sup> October** to Bungendore, Braidwood, Tarago (for lunch at the “Loaded Dog” Hotel and a shopping stop at Bungendore on the way home.

**Tuesday, 22<sup>nd</sup> November** to Michelago, Nimmitabel and Cooma with an informative talk by a Sub-Branch member who knows this area well. Lunch will be at the Cooma Ex-Services Club. A stop at the Christmas Shop at Bredbo is also included on the way home.

We conducted bus trips in late 2020 that were well patronised. Deane’s Coaches have once again been engaged. They have a 57 and 62 seat coach.

The trips are designed to have people get out and about. If people could contact the RSL Sub-Branch at [admin@rslwoden.org.au](mailto:admin@rslwoden.org.au) or phone on (02) 62851931 to leave you contact details.

All tours will leave from the bus stop at the front of 27 Mulley street Holder at **9.00am** and return before 5.00pm each time.

Peter Sutton  
Vice-President - Welfare  
Woden Valley RSL Sub-Branch



Woden Valley Sub Branch



# INVICTUS AUSTRALIA DEFENCE COMMUNITY SPORTS DAY

Come and try Archery, Bowls, Table Tennis, Pickleball, Wheelchair Sports and more. Enjoy a carnival atmosphere with heaps of activities for the whole family provided and delivered by some great organisations!

**When:**

Saturday 5<sup>th</sup> November 2022

**Time:**

11am – 3pm

**Where:**

Tuggeranong Archery Club  
299 Soward Way, Greenway, ACT

**Who:**

Serving, Former Serving and  
Family Members of the ADF



**Register today!**

Scan the QR code or visit  
[eventbrite.com.au/e/407812286527](https://eventbrite.com.au/e/407812286527)

GET ACTIVE. GET CONNECTED.

[INVICTUSAUSTRALIA.ORG](https://INVICTUSAUSTRALIA.ORG)

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SUPPORTED  
BY:

**Defence  
Health**



## **OPERATION GRAIN HARVEST ASSIST** **FROM TANKS TO TRACTORS**



# **Invitation to Veterans and all former ADF Casual Employment Grain Harvest 2022**

**Register now for Operation Grain Harvest Assist, casual employment opportunities to help bring in the 2022 Grain Harvest.**

**Former members of our Army, Airforce and Navy are invited to apply for casual employment with Australian grain producers in all States by contacting **Operation Grain Harvest Assist**, a program which is nationally run by former ADF volunteers.**

**Garry Spencer, the National Facilitator of Operation Grain Harvest Assist states:**  
"We know that there is a challenge to bring in the bumper grain harvest expected within Australia this year; with Australia's resilient, strong and adaptable Veterans, we were able to support the Nation's grain growers in 2021 with 250-300 Veterans at farms right across the country; now we are delighted to be preparing to assist again in 2022."

**To obtain more information:**

**<https://opgha.org.au/>**

**Facebook search Operation Grain Harvest Assist  
and join the Private Group**

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## THE RSL WELCOME GOVERNMENT'S ROYAL COMMISSION RESPONSE AND FORWARDS ITS OWN SUBMISSION



The Returned & Services League of Australia (RSL) has welcomed the Federal Government's response to the Interim Report of the Royal Commission into Defence and Veteran Suicide.

The RSL commended the Minister for Veterans' Affairs Matt Keogh on his apology in Federal Parliament to serving and former military personnel who he said had been let down by his Department and the Department of Defence over numerous decades.

The Royal Commission's Interim Report found urgent action was needed to eliminate the unacceptable backlog of veterans' compensation claims, with almost 42,000 awaiting processing at the end of May.

RSL Australia President Greg Melick said the Minister acknowledged that current systems were not sufficient to improve the wellbeing of Defence members, veterans, and their families.

He said Minister Keogh highlighted the need for better information and navigation of services available for veterans and their families and the need to focus on the transition from military service into civilian life.

"These are all issues that the RSL raised in its submission to the Royal Commission and reiterated in our [response to the Commission's Interim Report](#) we have also lodged today," Greg Melick said.

"We particularly welcome the Government's determination to focus on the wellbeing of Defence and veterans' families and the Federal Opposition's substantive support for the Government's response."

In its [own submission in response](#) to the Royal Commission's Interim Report, the RSL has strongly endorsed all 13 recommendations, saying they are sensible, significant, and vital.

Greg Melick says RSL Australia fully supports the Commissioners' calls for legislative reform, to improve claims processing at the Department of Veterans' Affairs, and to increase protections for those engaging with the Royal Commission.

"The RSL has been calling for many of these reforms for several years and notes that several other inquiries have recommended similar actions.

"It is now inherent on the Federal Government, the Department of Veterans' Affairs, the Australian Defence Force, and all those in the Defence community to push for the implementation of these recommendations.

"The RSL has a role to play in holding accountable those responsible for their implementation, ensuring urgent and immediate action is taken by all involved.

"It is also incumbent upon the RSL to proactively address issues that have been examined by the Royal Commission but were not included in the Interim Report. This includes identifying ways for ex-service organisations to work together to better serve the needs of veterans and their families, particularly in navigating the services available to them. The RSL and other ex-service organisations (ESOs) have begun this work, but there is much more to do."

Greg Melick said most importantly, the RSL noted the sobering, serious and distressing nature of the Royal Commission's Interim Report.

"It should not be forgotten that at its core, this Royal Commission is about addressing the heart-breaking phenomenon of suicide and suicidality among serving and ex-serving members of the Australian Defence Forces.

"The RSL is committed to working with the Royal Commission and the entire Defence community to understand, reduce, and eventually eliminate, Defence and veteran suicide," he said.

Resources/References:

[RSL Australia - Royal Commission dedicated webpage](#)

[RSL Australia - Interim Report Response - Sep 2022](#)

[RSL Australia - Annexure - Harmonisation of Legislation - Sep 2022](#)



Australian Government  
Department of Veterans' Affairs

'It is with the greatest respect and enormous sadness that we now enter a period of mourning following the passing of Her Majesty The Queen.'

DVA Secretary, Liz Cosson AM CSC.

Vale Her Majesty The Queen.

To leave a condolence, visit

[www.pmc.gov.au/condolence-form](http://www.pmc.gov.au/condolence-form)



Australian Government  
Department of Veterans' Affairs

## Did you know?

# Medical care when you are here or overseas

Whether you are here or overseas, we may cover the medical care you need. In Australia, we pay your care costs at hospitals we partner with, and can arrange and cover costs to transport you to the nearest health provider who can treat you.

### Ambulance transport

We may cover ambulance costs for emergencies or for transport you need due to a health condition



### Arrange for a taxi or hire car

Our free taxis or hire car services get you to and from the closest health provider we approve



### When we will pay for your hospital stay

Check whether we cover you for the cost of your stay in hospital



### Claim travel expenses under the RTS

We may be able to reimburse you for your travel costs



### Travel for treatment

We may take you to attend appointments at approved locations



### Medical care while overseas

What you can claim if you need medical care while overseas



### We may repay your travel costs under MRCA or DRCA

We may repay or reimburse your travel costs if we cover you under MRCA or DRCA



<https://www.dva.gov.au/health-and-treatment/local-or-overseas-medical-care>

## Changes to COVID-19 restrictions

Face masks are no longer required on public transport, following the lifting of the ACT's Public Health Emergency declaration. Further changes include the removal of COVID safe plans for events, changes to testing centre hours, hospital visitor limits and more.

## Staying COVID Smart on public transport

### Staying COVID Smart on public transport

COVID-19 health restrictions have eased in the ACT.

Passengers on bus services can now board from both the front and rear door entrances, and the front seat by the bus driver is now available to passengers.

Wearing a face mask on public transport is also no longer mandatory. However, Canberrans can still take some simple actions to help protect themselves.

Passengers on bus and light rail services are asked to be 'COVID Smart'. Being 'COVID Smart' is doing the simple actions and behaviours you do already - often without thinking twice or batting an eyelid.

#### Make COVID Smart choices on public transport by:

- Wearing a face mask if you can. ACT Health continues to encourage people to wear a mask where it isn't possible to maintain a safe physical distance.

Staying home if unwell and not travelling with us if you have any COVID-19 symptoms (\*Note: whilst not preferred, people can travel with symptoms if they have no other means to get to a testing facility. More information on the [ACT Government COVID website](#))

- Practicing good personal, hand and respiratory hygiene
- Using your MyWay card or a pre-paid ticket (we aren't accepting cash)
- Spreading out on board and at stops and stations where you can

You can also travel at quieter times of the day. Check out our [quiet times to travel](#) page to plan your trip.

**For more COVID Smart advice visit the [ACT Government's COVID-19 website](#).**

## SAVE THE DATE !!!!

The Annual Christmas Lunch will be held on Wednesday 7 December 2022 at Canberra Southern Cross Club.

More details will be provided soon.



## COFFEE CATCH UP EVERY FRIDAY 10-12



Members and guests are welcome to join us for a chat and enjoy freshly brewed coffee & cake with former service mates. Every Friday from 10 to 12 in The Corey Room, Level 2A, of the Grant Cameron Community Centre, 27 Mulley Street, Holder.

Please note that the Eddison Day Club is currently meeting on only a very casual basis for lunch at midday Fridays.



## Contact Us

Give us a call for more information or access to our services

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Visit us on the web at  
www.rslwoden.org.au

Office hours are  
9am-3pm Mon-Fri

## PS.

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[www.rslwoden.org.au](http://www.rslwoden.org.au)